

Effective Management of Hip Fractures in Young Adults

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DESCRIPTION

Hip fractures are often associated with older adults due to osteoporosis and decreased bone density. However, hip fractures can and do occur in younger adults, albeit less frequently. These fractures are typically the result of high-energy trauma, such as motor vehicle accidents, falls from significant heights, or sports injuries. Understanding the unique aspects of hip fractures in younger adults, including causes, diagnosis, treatment options, and rehabilitation, is important for optimal recovery and long-term health. In younger adults, hip fractures are predominantly caused by high-energy impacts. Unlike older adults, where bone fragility plays a major role, younger individuals usually have stronger bones, and fractures occur due to significant force.

Causes and types of hip fractures

In younger adults, hip fractures are predominantly caused by high-energy impacts. Unlike older adults, where bone fragility plays a major role, younger individuals usually have stronger bones, and fractures occur due to significant force. Common causes include, such as, Collisions can generate substantial force, leading to fractures. Falls from considerable heights or during extreme sports can result in hip fractures. High-impact sports, such as football, skiing, or gymnastics, can sometimes lead to fractures. Incidents of physical violence or heavy impact injuries can also be a cause. Hip fractures in younger adults are categorized based on their location

Femoral neck fractures: These occur just below the ball of the ball-and-socket hip joint. They can disrupt blood flow to the femoral head, leading to complications.

Intertrochanteric fractures: These occur between the neck of the femur and the long shaft of the bone. They generally have a better prognosis as they don't typically disrupt blood supply.

Subtrochanteric fractures: These occur below the lesser trochanter, in the upper part of the femoral shaft.

Diagnosis and treatment

Prompt and accurate diagnosis of hip fractures is essential for

effective treatment. Diagnosis typically involves, physical examination healthcare provider will assess symptoms, pain levels, and the mechanism of injury. X-rays are the primary imaging tool used to confirm the presence and type of hip fracture. In complex cases, CT scans or MRI may be used to get a more detailed view of the injury.

The treatment of hip fractures in younger adults aims to restore mobility and function while minimizing the risk of complications. Treatment approaches include, surgical intervention is often necessary for hip fractures in younger adults. Common procedures include, internal fixation, such as, Metal screws, plates, or rods are used to hold the bone fragments together. Hip pinning involves placing screws to stabilize the femoral neck fracture. In severe cases, part or all of the hip joint may be replaced. Non-surgical treatment, in rare cases, if the fracture is stable and non-displaced, non-surgical treatment with immobilization and physical therapy may be considered.

Rehabilitation and recovery

Rehabilitation is a critical component of recovery from hip fractures. It involves, physical therapy, a structured program to restore strength, flexibility, and range of motion. Early mobilization is important to prevent complications such as blood clots and muscle atrophy. Adequate pain control is essential for effective rehabilitation. Avoiding high-risk activities and addressing any underlying health issues that could affect bone health. With appropriate treatment and rehabilitation, many younger adults can recover fully from hip fractures. However, the recovery process can be lengthy, and the risk of complications, such as avascular necrosis (especially with femoral neck fractures), should be monitored.

CONCLUSION

Hip fractures in younger adults, though less common than in the elderly, require prompt and effective treatment due to the high-energy nature of the trauma that usually causes them. Early diagnosis, appropriate surgical intervention, and comprehensive

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Received: 03-Mar-2024, Manuscript No. JOPA-24-32950; **Editor assigned:** 07-Mar-2024, PreQC No. JOPA-24-32950 (PQ); **Reviewed:** 21-Mar-2024, QC No. JOPA-24-32950; **Revised:** 28-Mar-2024, Manuscript No. JOPA-24-32950 (R); **Published:** 05-Apr-2024, DOI: 10.35248/2329-9509.23.12.393

Citation: Leing W (2024) Effective Management of Hip Fractures in Young Adults. J Osteopor Phys Act. 12:393.

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rehabilitation are key to restoring function and ensuring a good quality of life post-injury. Understanding the unique

aspects of hip fractures in this population helps in customising the treatment and improving outcomes.